



# **Course Information, Curriculum and Modules**

## **Diploma in Anatomy & Physiology**

**27 Craigs Avenue, Corstorphine,  
Edinburgh, EH12 8HS**

**Telephone: 08454-757871    Mobile: 07917-757871**

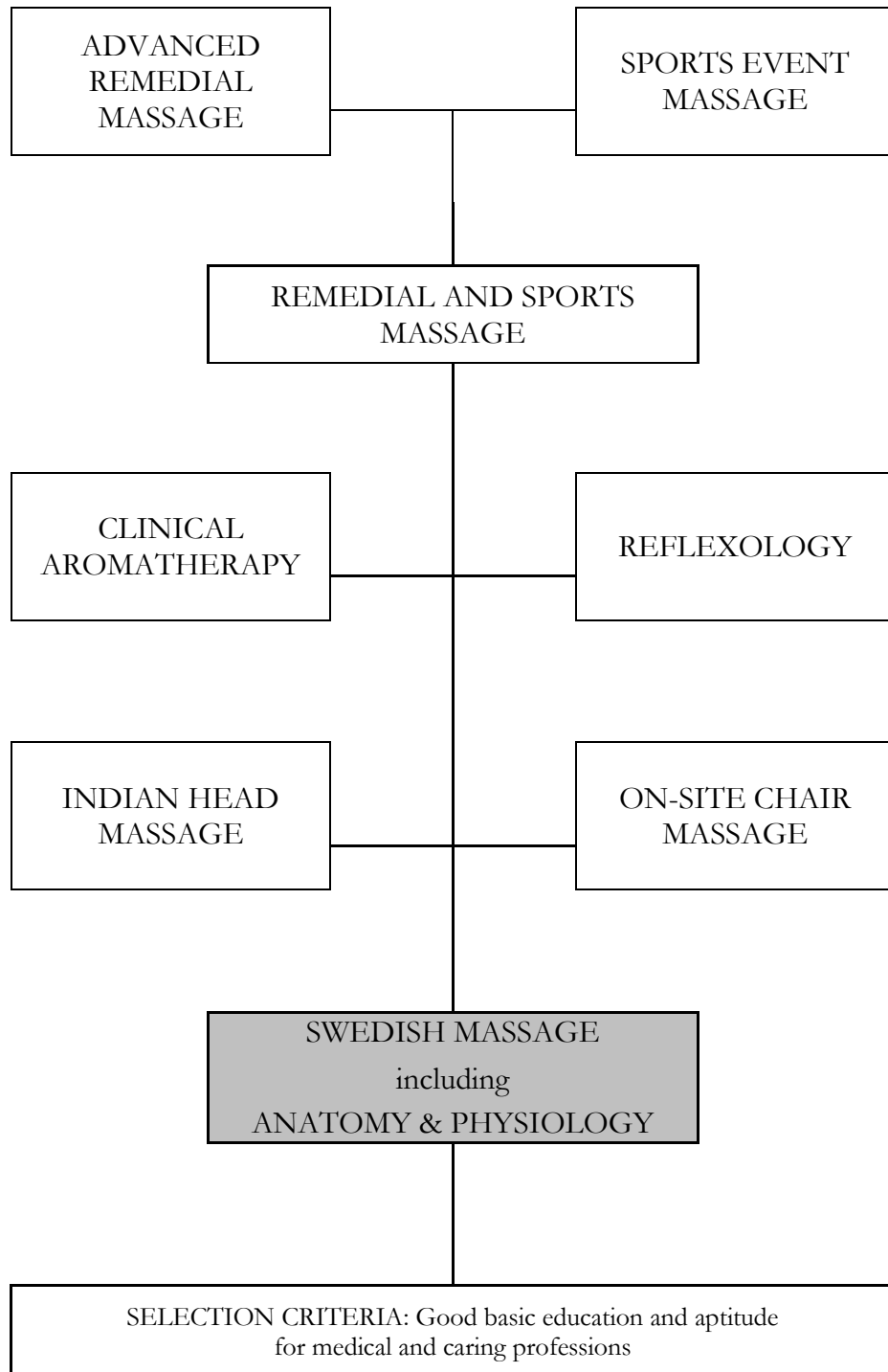
**Email: [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk)**

**Website: [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk)**

## CAREER PROGRESSION

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The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





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Scotland's leading provider of complementary therapies training

## ANATOMY & PHYSIOLOGY DIPLOMA COURSE

**Welcome to the Scottish Massage Schools'  
Anatomy & Physiology Diploma course held in  
Aberdeen, Inverness, Perth, Edinburgh and the Borders.**

This leaflet contains information about our course, an outline of the weekends and the contents of the modules. As you will note, as well as being a qualification in its own right, this Diploma course is the first step in a full career progression to many other therapies and careers.

If anything in this leaflet needs clarification, please get in touch.

The course is a lot of fun, and interesting. The human body is a fantastic piece of engineering!

We include a brochure, which contains the fees for the current course, and an application form.

We look forward to hearing from you.

Best wishes,

Lorna Forrester  
Principal

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## SCOTTISH MASSAGE SCHOOLS

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<b>Aberdeen:</b>	Curl Aberdeen, Eday Walk, Summerhill, Aberdeen AB15 6LN
<b>Inverness:</b>	Moray Firth Training Centre, 32 Harbour Road, Inverness IV1 1UF
<b>Perth:</b>	10 <sup>th</sup> Perthshire Scout Hall, Murray Place, Perth, PH1 1NJ.
<b>Edinburgh:</b>	Edinburgh Academy Junior School, 10 Arboretum Road, Edinburgh EH3 5PL
<b>Borders:</b>	Lindean Village Hall, Lindean, Selkirk, Borders, TD1 3PB.

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## COURSE TUTORS

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**Lorna Forrester BSc MBA RMT DCA DIR DOSM DSM SMTQ TQFE** - Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

**Barbara Fairbairn DSM RMT SMTQ** - One of the leaders of the Swedish Massage course in Edinburgh. Barbara works in a busy practice using Swedish, Remedial and Sports Massage, Emotional Freedom Technique and Thai Foot Massage. She also teaches on a Health & Fitness course for another Edinburgh college.

**Gareth Phillips DSM DRSM DARM Med Acup SMTQ** - One of the leaders of the Swedish Massage course in Edinburgh. Gareth runs a private clinic in Kirknewton, West Lothian using Advanced Remedial Massage & dry-needling/medical acupuncture. He also works in an Edinburgh clinic & with Edinburgh Rugby Academy players.

**Eilidh MacKenzie DRSM DSM SMTQ** - Leader of the Swedish Massage course in Aberdeen. Eilidh was previously a trainer for the Ambulance Service but now runs a busy clinic in Invergordon, where she practices Swedish, Remedial & Sports and Kinesiology taping.

**Melissa Kay DARM RMT DSM SMTQ** - Leader of the Swedish Massage course in Inverness. Melissa, was previously a class instructor and physical education instructor for the Scottish Police College. After leaving, she set up her own Personal Training & Advanced Remedial Massage business.

**Diane Duguid RMT DIR DSM SMTQ** - Leader of the Swedish Massage course in Perth. Diane runs a busy clinic in Edinburgh where she practises as a Remedial Massage Therapist and Reflexologist.

**Tania Lindsay DARM RMT DOSM SMTQ** - Leader of the Swedish Massage course in the Borders. Tania is a Staff Nurse in NHS Borders. She is also practising Advanced Remedial Massage Therapist.

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## PART I – ANATOMY & PHYSIOLOGY

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### MODULES – DIPLOMA IN ANATOMY & PHYSIOLOGY

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Module 1:	Anatomy & Physiology
Module 2:	Stress Management

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### ENTRY REQUIREMENTS

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A good basic education and an interest in the human body. Time and motivation are necessary for the home study required.

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### FEES

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There is a non-refundable registration fee to be paid. Then tuition fees can either be paid at the beginning of the course or paid monthly by banker's order. Please see individual course brochures from your local School for further details (contact details on page 1)

All fees must be paid by weekend three (3). Failure to comply will result in exclusion from the final exams.

Where full tuition fees have been paid at the beginning of the course, a proportion of the fees will be returned should a student defer / leave due to illness. As our costs are front loaded, there are no refunds after weekend one (1).

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## REGISTRATION

Please complete an application form and return to the School of your choice, along with your non-refundable registration fee, as soon as possible to avoid disappointment.

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## DATES

These are found enclosed in the course letter. Start dates for all courses can be found on Scottish Massage Schools website [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk) or each School's website (links from Scottish Massage Schools' website).

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## DURATION

Eight (8) weekends; 8.30am – 12.30/13.00pm both days.

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## ATTENDANCE

100% is recommended. In the event of a day being missed, an alternative can usually be arranged at an alternative venue.

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## ABSENCE

Please discuss any planned absences before the start of the course. Make-ups of the practical aspect of the course can be arranged for weekends missed, or weekend can be attended at an alternative venue.

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## COURSE BOOKS

“Anatomy, Physiology and Pathology for the Massage Therapist” by Su Fox and Darien Pritchard ISBN 1903333075 (available at a discount through Scottish Massage Schools) and a nurse's dictionary.

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## HANDOUTS

You will receive handouts, which we hope will help you in your studying.

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## HOME STUDY & PRACTICE

It is estimated that home study will involve five hours per week though this will obviously vary from student to student.

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## HOMEWORK

There will be homework set at the end of weekends 1-6; homework forms part of the course. This is posted to a course tutor (details will be given at the beginning of the course) within 14 days of each course weekend.

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## CASE STUDIES

A record of clients receiving massage treatments is required and will be done as homework. (Guidelines and checklists will be given to assist).

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## ESSAY

You are asked to write an essay as part of the course, the subject of which will be ‘the effects of Swedish Massage Therapy on systems of the body’ [*part of achievement of SQA Higher National qualification*]. Students will be provided with clear and detailed guidelines about how to research the subject and construct the essay.

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## STANDARDS

A programme of Continuous Assessment is in situ and will contribute to 10% of the final mark.

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## TEACHING METHODS

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Though beginners are catered for, the range of knowledge and background obviously varies. With this in mind the course is structured to include a variety of teaching methods.

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## FORMAL TEACHING

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The theoretical part of the course tends to take place in the mornings.

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## GROUP LEARNING

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Group work is encouraged in the afternoon practical sessions, when students can also refer to charts and models and a wide range of books under the auspices of a practical tutor, *'search and discovery style'*.

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## SMALL GROUP TUTORIALS

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These are arranged on some of the review subjects. Tutorial requirements vary from class to class. Assistance is given to those students who require help in setting up a study programme.

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## SPECIAL NEEDS

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Many of our students have included people with physical, auditory, visual and learning impediments. They have all been very successfully in their achievements. If you wish to discuss your special needs and how we can help you, please call Scottish Massage Schools on 08454-757871 (contact details on page 1).

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## ASSESSMENTS

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Mock examinations are sat on weekend seven (7), and final examinations are sat on weekend (8). The examinations consist of written and oral assessments.

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## EXTERNAL EXAMINER

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An external examiner presides at the Final Exams to ensure that standards are upheld.

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## PLAGIARISM

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Intentional plagiarism will not be tolerated and disciplinary action will be taken.

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## RESITS

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If the required standard is not reached and the examinations are not passed; resits will be organised within one month of the examination date. Resit fee £50. There is an appeals procedure.

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## APPEALS

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There is an appeals procedure.

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## DIPLOMA

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A Diploma in Anatomy & Physiology is awarded to those candidates who are successful on the course, assuming that all criteria have been satisfied.

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## DISCONTINUATION OF TRAINING

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The Principal and/or Head of Studies reserve the right to discontinue the training with any student who is likely to bring disrepute to the profession.

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## FIRST AID

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A certificate of First Aid can be completed during the course, usually around weekends 7 or 8. An additional fee will be charged for this.

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## SWEATSHIRTS/POLOSHIRTS

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School sweatshirts and poloshirts are available in various colours.

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## CONTENTS OF MODULES

### MODULE 1 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

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#### MODULE 1-A CELLS, TISSUES AND FUNCTIONS; TERMINOLOGY

- (a) The make up and contents of a typical cell. The contents to include:
  - (i) basic structure of the cell
  - (ii) cell membrane
  - (iii) cytoplasm
  - (iv) the Golgi apparatus
  - (v) the mitochondria
  - (vi) lysosomes
  - (vii) organelles
- (b) Cell division: cell physiology
- (c) Types of tissues found in the human body to include:
  - (i) epithelial tissue – simple squamous, cuboidal, columnar, transitional and glandular
  - (ii) connective tissue – specialised cells, fibres, matrix, loose, dense, elastic and reticular connective tissues, adipose tissue, cartilage, bone, blood lymph and tissues which produce blood cells
  - (iii) muscle tissue – skeletal, cardiac, smooth
  - (iv) nervous tissue
  - (v) membranes – mucous, serous
  - (vi) neoplasms and abnormal growths
- (d) Terminology:
  - (i) words pertaining to parts of the body
  - (ii) basic medical terminology

#### MODULE 1-B THE SKELETAL SYSTEM

- (a) The role of the skeletal system - support, protection, production of blood cells, storage of tissue salts.
- (b) Types of bone: long, flat, short, irregular, sesamoid.  
Macroscopic and microscopic anatomy and the development of bone.
- (c) Bones of the axial and appendicular skeleton.
- (d) Bone deformities and bone disorders.

#### MODULE 1-C THE ARTICULATORY SYSTEM

- (a) The classification of Joints:-
  - (i) fibrous
  - (ii) cartilaginous
  - (iii) synovial
- (b) Types of Synovial Joints:-
  - (i) ball and socket
  - (ii) condyloid
  - (iii) gliding
  - (iv) hinge
  - (v) pivot
  - (vi) saddle
- (c) Movements of joints – terminology
- (d) Anatomy of the:-
  - (i) shoulder joint and shoulder complex
  - (ii) shoulder girdle
  - (iii) elbow joint
  - (iv) wrist, hands and finger joints
  - (v) hip joint

- (vi) joints of the pelvic girdle
- (vii) knee joint
- (viii) ankle, foot and toe joints
- (ix) temporo-mandibular joint
- (x) sternum, clavicle and ribs
- (e) Anatomy of the vertebral column:-
  - (i) cervical spine
  - (ii) thoracic spine
  - (iii) lumbar spine
  - (iv) sacrum
  - (v) coccyx
- (f) The intervertebral disc and its functions
- (g) Diseases and abnormalities of joints

#### **MODULE 1-D THE MUSCULAR SYSTEM**

- (a) Types of muscle:
  - (i) smooth
  - (ii) cardiac
  - (iii) skeletal
- (b) Characteristics of muscle
- (c) Structure of muscle
- (d) The function of muscle
- (e) Principles of muscle contraction
- (f) The origins, insertions and actions of major skeletal muscles
- (g) Muscle conditioning, strengthening and stretching
- (h) Levers
- (i) The relationship between muscle health and circulation
- (j) Effects of trauma and exercise

#### **MODULE 1-E THE INTEGUMENTARY SYSTEM**

- (a) The structure and function of the skin:-
  - (i) epidermis
  - (ii) dermis
  - (iii) subcutaneous layer
- (b) Accessory organs of the skin:-
  - (i) hair follicles
  - (ii) sebaceous glands
  - (iii) nails
  - (iv) sweat glands
- (c) Functions of the skin: protection, absorption, excretion, secretion and temperature control
- (d) Skin Disorders

#### **MODULE 1-F THE CARDIOVASCULAR SYSTEM**

- (a) The structure and function of:-
  - (i) heart
  - (ii) arteries
  - (iii) arterioles
  - (iv) capillaries
  - (v) venules
  - (vi) veins
- (b) Blood:-



- (i) function and composition
- (ii) the coagulation of blood
- (iii) disorders of the blood
- (c) The physiology of circulation:
  - (i) pulmonary circulation
  - (ii) systemic circulation
  - (iii) blood pressure
- (d) Disorders of the cardiovascular system
- (e) Exercise and its effects on the cardiovascular system

#### **MODULE 1-G THE LYMPHATIC SYSTEM**

- (a) The structure and function of the lymphatic system
  - (i) lymph
  - (ii) vessels, capillaries and trunks
  - (iii) collecting ducts
  - (iv) lymphatic nodes
- (b) Organs connected with the lymphatic system:-
  - (i) spleen
  - (ii) thymus gland
  - (iii) tonsils and adenoids
  - (iv) Peyer's patches
- (c) Immunity
- (d) Disorders of the lymphatic system

#### **MODULE 1-H THE NERVOUS SYSTEM**

- (a) The general function and role of the nervous system
- (b) The nerve:
  - (i) structure
  - (ii) nerve pathways and transmission
  - (iii) the synapse
- (c) The reflex arc
- (d) The central nervous system - the brain and cranial nerves
- (e) The peripheral nervous system - the spine and spinal nerves
- (f) The autonomic nervous system - sympathetic and parasympathetic
- (g) The lumbar, sacral and brachial plexi
- (h) Dermatomes
- (i) The nervous system and related pathology

#### **MODULE 1-I THE ENDOCRINE SYSTEM**

- (a) The endocrine and exocrine glands
- (b) Hormones, their actions and interactions with the nervous system and their regulation and transport
- (c) The position, structure and function of:-
  - (i) pituitary gland
  - (ii) thyroid gland
  - (iii) parathyroid glands
  - (iv) adrenal glands
  - (v) pancreas
  - (vi) pineal gland
  - (vii) thymus gland
  - (viii) testes and ovaries
- (d) Disorders of the endocrine system

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## **MODULE 1-J THE RESPIRATORY SYSTEM**

- (a) The organs of the respiratory system:-
  - (i) nasal cavity
  - (ii) pharynx
  - (iii) larynx
  - (iv) trachea
  - (v) bronchi
  - (vi) lungs
- (b) The physiology of respiration:-
  - (i) pulmonary ventilation
  - (ii) inspiration
  - (iii) exhalation
  - (iv) modified respiratory movements
- (c) The exchange of gases
- (d) Internal and external respiration
- (e) The transport of gases
- (f) Control of respiration
- (g) Ageing and the respiratory system
- (h) Disorders of the respiratory system

## **MODULE 1-K THE DIGESTIVE SYSTEM**

- (a) The digestive processes and organisation of the gastro-intestinal tract
- (b) The position, structure and function of:-
  - (i) oral cavity, tongue and pharynx
  - (ii) salivary glands
  - (iii) oesophagus
  - (iv) stomach
  - (v) pancreas
  - (vi) liver
  - (vii) gallbladder
  - (viii) small intestine - duodenum, jejunum, ileum
  - (ix) large intestine
  - (x) rectum and anus
- (c) The actions of enzymes and digestive secretions on:-
  - (i) carbohydrates
  - (ii) proteins
  - (iii) fats
- (d) Nutrition
- (e) Ageing and disorders of the digestive system

## **MODULE 1-L THE URINARY SYSTEM**

- (a) The position, structure and function of:-
  - (i) kidneys
  - (ii) ureters
  - (iii) bladder
  - (iv) urethra
- (b) The formation and elimination of urine
- (c) Disorders of the urinary system

## **MODULE 1-M THE REPRODUCTIVE SYSTEM**

- (a) The position, structure and function of:-

- (i) ovary
  - (ii) uterine tubes
  - (iii) uterus
  - (iv) vagina
  - (v) mammary glands
  - (vi) testes
  - (vii) epididymus
  - (viii) prostate gland
  - (ix) scrotum
  - (x) penis
- (b) Pre-menstrual tension, menstruation and menopause.
- (c) Disorders of the male and female reproductive systems.

### **MODULE 1-N BASIC CHEMISTRY AND PHYSICS**

- (a) Composition of atoms and molecules and their relation to energy
- (b) The meaning of osmosis, diffusion, filtration, phagocytosis, and pinocytosis
- (c) Electricity: sound and light as forms of energy

### **MODULE 3-O PATHOLOGY**

- (a) Definition of pathology
- (b) The inflammatory response
- (c) The acute condition
- (d) The chronic condition
- (e) The emergency condition
- (f) Pathological conditions as related to the different systems; referral protocols

### **MODULE 2 – STRESS MANAGEMENT**

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- (a) Stress
  - (i) definition
  - (ii) recognising stressors
  - (iii) signs and symptoms of stress
- (b) General Adaptation Syndrome:
  - (i) the alarm reaction - 'fight or flight'
  - (ii) the resistance reaction
  - (iii) final phase - exhaustion
- (c) Effects of long-term stress
- (d) Stress and disease
- (e) Stress Management
- (f) Stress and relaxation
- (g) Relaxation techniques

### **OPTIONAL MODULE – FIRST AID**

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- (a) Identifying the emergency condition
- (b) Emergency procedures and immediate action response
- (c) Cardio-pulmonary resuscitation
- (d) First Aid management of burns, head injuries, strokes, heart attacks, fainting, choking, shock and haemorrhage
- (e) First Aid treatment of sprains and strains.

**SCOTTISH MASSAGE SCHOOLS  
SWEDISH MASSAGE DIPLOMA COURSE**



WEEKEND 1	WEEKEND 2	WEEKEND 3	WEEKEND 4
<p>Introduction to Swedish Massage:</p> <ul style="list-style-type: none"> <li>the effects and benefits</li> <li>cautions and contraindications</li> </ul> <p>The origins of massage - history and types of massage.</p> <p>Holistic approach</p> <p>Introduction to systems of body and the effects of massage on them.</p> <p>Medical terminology and movements of the body.</p> <p>The skeletal, articular and muscular systems.</p> <p>Anatomy of the lower limb.</p>	<p>Cells and tissues of the body.</p> <p>Homeostasis.</p> <p>Introduction to pathology.</p> <p>Pathology of the</p> <ul style="list-style-type: none"> <li>skeletal system</li> <li>muscular system</li> </ul> <p>Anatomy of the</p> <ul style="list-style-type: none"> <li>Upper limb</li> <li>Ankle and foot</li> </ul> <p>The consultation: assessing the client's needs.</p>	<p>The acute condition: the inflammatory response.</p> <p>The nervous system and brain.</p> <p>The integumentary system.</p> <p>Pathology of the</p> <ul style="list-style-type: none"> <li>nervous system</li> <li>integumentary system</li> </ul> <p>Anatomy of the</p> <ul style="list-style-type: none"> <li>back</li> <li>pelvis and pelvic girdle</li> <li>hip</li> </ul>	<p>The chronic condition and conditions often found in practice.</p> <p>The endocrine system.</p> <p>The cardiovascular system.</p> <p>The lymphatic system.</p> <p>Pathology of the</p> <ul style="list-style-type: none"> <li>endocrine system</li> <li>cardiovascular system</li> <li>lymphatic system</li> </ul> <p>Anatomy of the</p> <ul style="list-style-type: none"> <li>shoulder joint and girdle</li> <li>neck</li> </ul>
WEEKEND 5	WEEKEND 6	WEEKEND 7	WEEKEND 8
<p>The respiratory system.</p> <p>The digestive system.</p> <p>The urinary system.</p> <p>Pathology of the</p> <ul style="list-style-type: none"> <li>respiratory system</li> <li>digestive system</li> <li>urinary system</li> </ul> <p>Nutrition.</p>	<p>The reproductive system</p> <p>Pathology of the</p> <ul style="list-style-type: none"> <li>reproductive system</li> </ul> <p>Care of the pregnant client.</p> <p>Stress: effects on health, and some ways to manage it.</p> <p>Relaxation.</p>	<p>Mock oral and written assessments.</p> <p>Optional: First Aid – the emergency condition.</p>	<p>Final oral and written assessments</p>